

Fast Food or *Food Fast*...

Recipes



FAST RECIPES

Want more than burgers & sides?

USE these recipes to have MORE quick and easy dinners at home.

5 way spaghetti

Cook spaghetti as needed for family size.
Drain. Mix with these toppings—or others—as desired:

Shredded low fat cheddar, or other cheeses
Low fat chili with or without beans
Green onions, chopped
Green peppers, diced
Chopped fresh cilantro

Or add great vegetables like broccoli, carrots, etc to make it your own!

Pasta dinners can be quick or can be made-ahead meals and frozen for quick reheating. CHECK THESE OUT!

Five-Minute Soup

(From the New American Heart Association Cookbook)

Serves 6

Ingredients:

4 cups low sodium chicken broth, heated
½ medium cucumber or 1 medium zucchini, sliced very thin
4 fresh medium mushrooms, sliced or
1 small can sliced mushrooms
2 cups shredded fresh spinach, leafy lettuce or cabbage
1 medium tomato, cubed
½ cup cooked chicken or other lean meat, shredded
(note: chicken now comes in foil packs just like tuna)

Directions:

Put all ingredients in a large saucepan.
Bring to boil over medium high heat.
Reduce heat and simmer for 5 minutes.

French Bread Pizza

Ingredients:

French Bread, sliced in half, lengthwise
½ cup light margarine, softened
¼ cup light mayonnaise
2 cups shredded mozzarella
1 small can sliced olives
1 tsp garlic powder
1 tsp onion powder

Directions:

Combine all ingredients, spread on French Bread halves. May add other favorite pizza toppings like pepperoni, other colorful vegetables. Bake at 350 for about 15 minutes. Cut into serving pieces as desired.

For the pizza lovers here's two recipes—Want to try to something new and add more veggies to your meals? Try Pizza on a Potato. More traditional? Then you want to try the French Bread Pizza.

Turkey Spaghetti

GREAT FOR DOUBLE BATCH COOKING AND FREEZING

Ingredients:

2 pounds ground turkey (or lean beef)
1 large green pepper, chopped
2-3 yellow onions (chopped, can use more as desired)
Combine in 1-2 large skillet and brown.

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6 small cans tomato sauce (or 3-15 oz size)
1 tablespoon oregano
2 tablespoons garlic powder
Boil together for 5 minutes

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12 oz spaghetti

Cook in unsalted water, drain.

Combine meat, sauce and spaghetti. Can serve some for current meal and freeze remainder or freeze all in freezer safe containers. When needed, remove portion needed and reheat in microwave or oven.

Pizza on a Potato

Serves 1 - need more, just bake more potatoes

Ingredients:

1 potato
2 tablespoons pizza or tomato sauce
¼ to ½ cup frozen vegetable mix
¼ cup shredded cheese (mozzarella or monterey jack)

Directions:

Bake or microwave potato until soft.
While potato bakes, place frozen vegetables in a colander and run warm water over them until thawed, drain.
Split baked potato in half, lengthwise and place on a baking sheet or dish
Spread pizza or tomato sauce on each half of the potato
Top with drained vegetables
Sprinkle shredded cheese over vegetables
Microwave until cheese is bubbly
(Or bake at 375 for 5-10 minutes or cheese is melted.)

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More Fast & Delicious Recipes...

Chicken is not just a healthy meal choice but can be a quick fix also.

Texas Two-step Chicken

Ingredients:

1 to 1-1/2 pounds boneless chicken breasts or tenders
1-1/2 cups salsa
1 Tablespoon Dijon mustard
3 Tablespoons sugar

Directions:

Mix salsa, mustard and sugar together. Place chicken in baking dish. Cover with salsa mixture. Bake for about 20 minutes at 400 degrees. While the chicken bakes, boil or microwave-bake some potatoes, add vegetables or salad, low fat milk to drink or whip up some instant pudding for your dairy choice and you have a complete meal.

Quesadillas can be great fun food for both kids and adults—and quick! This recipe really pumps up the fiber with peppers, corn and beans and will take 30 minutes or less to prepare

Quesadilla Pockets

Ingredients:

1 tablespoon canola oil
1 large red bell pepper, finely diced
½ teaspoon chili powder
½ teaspoon onion powder
1-1/2 cups frozen corn kernels, thawed
1(15 oz) can pinto beans, drained and rinsed
½ cup salsa
1-1/2 cups shredded reduced fat Mexican blend or cheddar cheese
6 to 8 8 inch flour tortillas

Directions:

Preheat oven to 400 degrees. Lightly oil or coat a large baking sheet with nonstick cooking spray and set aside. Heat 1 T. oil in large, nonstick skillet over medium-high heat. Add bell pepper, chili powder, and onion powder and cook 4-5 minutes or until tender. Add corn, beans, salsa and 1 cup cheese and cook until cheese melts, about 2 minutes. Assemble the quesadillas by arranging the bean mixture evenly over half of each tortilla. Fold over, press down gently and place each on the baking sheet. Sprinkle the remaining cheese as desired over the tortillas. Bake until cheese melts and tortillas become crisp on the outside, about 10 minutes. Cut into quarters and serve.

Chicken Skillet

4 servings

Ingredients:

4 boneless chicken breasts
1 cup rice, uncooked
1-1/2 cups chicken broth
½ cup tomato ketchup
1/2cup green bell pepper, fresh or frozen, chopped
½ teaspoon salt, omit if using regular broth
14-1/2 ounces stewed or diced tomatoes, drain if using canned

Directions:

Spray large non stick skillet with cooking spray. Brown chicken, remove and set aside. Combine stewed tomatoes, broth, uncooked rice, ketchup, green pepper and salt in skillet. Cover; simmer 1 minute. Add chicken; cook covered 15-20 minutes until chicken and rice are cooked.

Perfect Pears

Ingredients:

1-2 cans (28-29 oz) pear halves (in juice)
¼ cup caramel ice cream topping (can use caramel apple dip found in small tubs in produce section-soften for 20 seconds in microwave if dip has been stored in refrigerator)
ground cinnamon

Directions:

Place pears, cut side down, in large pie plate. Drizzle caramel topping over pears. Bake about 8 minutes or until warm. Spoon melted topping in pie plate over pears and sprinkle with cinnamon.

Want your kids to eat fruit with their chicken nuggets but they want dessert? Try this easy idea!

Homemade Golden Chicken Nuggets

Makes 4 servings

Ingredients:

Vegetable cooking spray
1 pound chicken tenders
2 Tablespoons all-purpose flour
2 Tablespoons cornstarch
2 large egg whites
¾ cup cornflake crumbs
(no crumbs—use cornbread stuffing mix-have the kids mash into crumbs in a plastic bag)

Directions:

Preheat oven to 375. Coat baking sheet with cooking spray. Cut tenders in half crosswise if large. Mix flour and cornstarch together in shallow bowl. In another bowl, beat the egg whites together. Spread cornflake crumbs on a plate. Dredge each tender in the flour, then the egg whites and finally roll in the crumbs, coating well. Place chicken tenders in 1 layer on baking sheet. Bake 10 minutes or until pieces are cooked through.

So your kids will only eat chicken nuggets,-try this recipe.